

IN THE CLAIMS:

Please amend Claims 3, 16, and 18-20 as follows:

*B18  
a1*  
3. (Once Amended) The controlled descent device of claim 2 wherein said one-way bearing is selected from the group consisting of ramp type roller, sprag clutches and sprag clutch with roller combinations.

*a2*  
16. (Once Amended) The controlled descent device of claim 15 wherein said one-way bearing is selected from the group consisting of roller ramp type, sprag clutches and sprag clutch with roller combinations.

*a3*  
18. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop wherein said linkage comprises a cylinder supported within each loop, and a bolt passing through holes formed in each loop and through each cylinder.

19. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop, wherein said linkage comprises a screw lock link passing through the loops.

20. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop, wherein said linkage comprises a plate supported within each said loop, and at least one screw passing through the loops and plates.